

## **DR. MARY BEARD**

- i LIVING**
- i Physician, University of Utah OB-GYN Professor**
- i Author and Lecturer**

Dr. Mary Beard is a recognized authority in the field of women's health. She grew up in the Midwest learning that, "hard work and determination were critical ingredients to any accomplishment." Her mother, who had come from Cache Valley in Utah, died in 1950 leaving Mary and seven siblings.

Mary made the critical decision to apply for medical school while in her junior year of college. She was accepted and began her medical training while, at the same time, she was married and had small children.

A college professor, Dr. Laura Nahm, inspired Mary to pursue her highest goals by sharing the belief that, "the power of women in the United States is grossly underutilized." Mary learned that being female was neither an advantage or a disadvantage. Achievement is dependent on the work ethic and determination of the individual.

Mary is a Professor in the Department of Obstetrics and Gynecology at the University of Utah College of Medicine. She is co-author of "My Body, My Decision, Menopause and the Years Ahead". She lectures regularly on women's health issues such as osteoporosis, menopause and estrogen replacement therapy.

Mary believes that we are treated by colleagues according to the way we respect ourselves. She had a wise friend in medical school who said to "always dress, walk and talk like a woman." She is careful to follow that advice.

When Mary first came to Utah, she felt that "women had the idea that the only goal in life was to get married and raise a family. Now I see women choosing to become educated before getting married and beginning families. I also see more women pursuing personal educational goals after raising their families. I am very pleased to see more women going into the field of medicine. I see women successfully combining careers and family."

Dr. Mary Beard is a gracious, intelligent woman whose intellect and expertise benefit many people. She is a role model for women in the medical profession.

### **CONTACT INFORMATION:**

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